DOCUMENT RESUME

ED 446 808 PS 027 902

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TITLE	Parent Effectiveness Training: The Proven Program for Raising Responsible Children. Revised.
ISBN	ISBN-0-609-80693-9
PUB DATE	2000-00-00
NOTE	365p.
AVAILABLE FROM	Three Rivers Press, Division of Random House, 1540 Broadway, New York, NY 10036. Tel: 212-782-9000; Fax: 212-302-7985; Web site: http://www.randomhouse.com (U.S., $15; Canada, $23).
PUB TYPE	Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Behavior Change; Behavior Problems; Change Strategies; *Child Rearing; *Child Responsibility; *Children; Conflict; *Interpersonal Communication; Listening Skills; Models; *Parent Child Relationship; Parent Education; Parenting Skills; Problem Solving
IDENTIFIERS	Active Listening; *Parent Effectiveness Training

ABSTRACT

Parent Effectiveness Training (PET) began almost 40 years ago as the first national parent-training program to teach parents how to communicate more effectively with their children and to offer step-by-step advice to resolving family conflicts. This book, a revised and updated edition, presents the PET model for parent training, including the comprehensive philosophy of what it takes to establish and maintain an effective total relationship with a child in all circumstances and a complete system of principles and techniques. The model focuses on ways parents can encourage children to accept responsibility for finding their own solutions to their own problems. The chapters are: (1) "Parents Are Blamed but Not Trained"; (2) "Parents Are Persons, Not Gods" (3) "How To Listen So Kids Will Talk to You: The Language of Acceptance"; (4) "Putting Your Active Listening Skill to Work"; (5) "How To Listen to Kids Too Young To Talk Much"; (6) "How To Talk So Kids Will Listen to You"; (7) "Putting I-Messages to Work"; (8) "Changing Unacceptable Behavior by Changing the Environment"; (9) "Inevitable Parent-Child Conflicts: Who Should Win?"; (10) "Parental Power: Necessary and Justified?"; (11) "The 'No- Lose' Method for Resolving Conflicts"; (12) "Parents' Fears and Concerns about the 'No-Lose' Method"; (13) "Putting the 'No-Lose' Method to Work"; (14) "How To Avoid Being Fired as a Parent"; (15) "How Parents Can Prevent Conflicts by Modifying Themselves"; and (16) "The Other Parents of Your Children." Exercises for parents, a list of 12 communication roadblocks, and a suggested reading list are appended. (KB)

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